



## THE URBAN EDGE

ORGANIC FARM • FARM STORE  
U-PICK ORCHARD

[TheUrbanEdgeFarm.com](http://TheUrbanEdgeFarm.com)



*For more information  
on herbs, check out  
Bounty from the Box:  
The CSA Farm Cookbook by  
Mi Ae Lipe at the farm store  
or [BountyFromTheBox.com](http://BountyFromTheBox.com).*



## ABOUT MINT, LAVENDER, CILANTRO, AND PARSLEY

*The Urban Edge Farm grows many different kinds of organic herbs. They are a fantastic way to elevate your cooking with vibrant flavors and aromas! For general selection and storage information, see our companion card "About Herbs."*

### MINT

The cooling, refreshing sweetness of mint flavors so many foods, beverages, candies, gums, medicines, mouthwashes, and toothpastes that we almost take it for granted. Mint is a vast plant family; the Urban Edge Farm grows peppermint, apple mint, lavender mint, spearmint, Moroccan mint, and yerba buena.

- Mint leaves, frozen as ice cubes, are delightful added to glasses of water, tonic, and mixed drinks.
- Sprinkle mint over sugar snap or snow peas in the final minute of cooking.
- Make mojitos and mint juleps! Mint tea can also help soothe an upset stomach—fresh mint is best.
- Perk up fruit salads with a few chopped or whole leaves of fresh mint.
- Tabbouleh, the famous Middle Eastern herb salad, combines chopped mint, parsley, tomatoes, cucumbers, and bulgur wheat.

### LAVENDER

The sweet, floral fragrance of lavender is famous in perfumes, soaps, sachets, beverages, and desserts. Not all lavender species are good to eat; use English lavender, which contains less overpowering oil. Dried lavender flower buds are also three times more potent than fresh ones, so be careful with the amounts when cooking with it.

- Culinary lavender is part of the fabled *herbes de Provence*.

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- Bury lavender buds in a jar of granulated sugar for up to a week. Then grind the lavender sugar mixture to use in cakes, pancakes, and muffins.
- Steep lavender buds in cream or milk, strain, and use in whipped cream, ice cream, and pudding.
- Make a simple syrup with lavender, add lemon zest and honey, and use it in hot and cold beverages.



## CILANTRO

Cilantro has a bright sage-citrus flavor that people either love or hate. It's an essential ingredient in many world cuisines, including Vietnamese, Middle Eastern, Indian, and Latin American. The seeds of fresh cilantro are called coriander.

- Serve whole sprigs of raw cilantro, Thai basil, and mint by the handful with Vietnamese dishes.
- Add cilantro to a smoothie or when making juice blends. Especially good with tomato juice!
- Use cilantro generously in fresh salsa, pico de gallo, chutneys, salads, and Latin dishes.
- Mix cilantro with lime juice, honey, and shredded cabbage to make an unusual coleslaw.



## PARSLEY

Parsley is often a tired, ubiquitous garnish, but it deserves more attention as the delicious, nutritious herb that it is. Middle Eastern, European, and Brazilian cuisines already do! The Urban Edge Farm grows the stronger-tasting flat-leaf variety.

- Combine parsley with bay, thyme, chervil, and other herbs to create a bouquet garni for making soups, stews, and stocks.
- Deep-fried parsley is a delicious surprise appetizer.
- Sprinkle finely chopped parsley on top of salads, egg dishes, potatoes, casseroles, and vegetables for additional color, flavor, and nutrition.
- Make gremolata, an Italian condiment consisting of parsley, garlic, and lemon zest.